

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – April 2016

Why can't I do my PARFQ in PRIMS/electronically?

PRIMS programming currently will not allow members to use the electronic PARFQ. All Sailors are required to complete a paper copy of the PARFQ and if required take it to medical to get cleared for the PFA. It is important to carefully read and follow the instructions of the revised PARFQ as it has changed. Once a member has completed their PARFQ they must turn it into their CFL to track compliance. CFLs will NOT be required to enter the PARFQ into PRIMS for Cycle 1, 2016. However, they are required to maintain all documents for 5 years.

How as a CFL do I maintain my NEC/Certification?

As of 09MAR16, all CFLs are required to attend either a CFL Seminar or 5-day Certification Course every three years. Additionally, if a CFL elects to participate in an alternate cardio event during their Command's Official PFA, they must score an excellent or better on the alternate cardio event and an overall excellent or better. The remaining CFL requirements as set forth in OPNAVINST 6110.1J remain in effect.

Do you fail the PFA if you exceed the graduated body fat percentages?

NO. Sailors will only fail the PFA if they exceed the DOD maximum allowable limits of 26% for males and 36% for females. If a Sailor exceeds the graduated body fat standards as determined by age, they are required to be enrolled in fitness enhancement program.

Graduated body fat:

Males: 18-21 = 22 percent, 22-29 = 23 percent, 30-39 = 24 percent, 40+ = 26 percent.

Females: 18-21 = 33 percent, 22-29 = 34 percent, 30-39 = 35 percent, 40+ = 36 percent

BAD PRACTICE ALERT!!!

The BCA and PRT score sheets are not being fully completed. It is imperative that CFLs and ACFLs fill out all information on the score sheets. The #1 item that is not being entered on the score sheets is the make/model of the bike or elliptical. This calls into question the accuracy of your program and delays the processing of a Letter of Correction if needed. To close these disparities, fill out all documents in their entirety.

Reminder

The command Spot Check Program is the command's action plan to maintain and/or improve the health and fitness of the crew.

Tip of the Month!

Thoughts are powerful; pay attention to yours. Do you encourage yourself with positivity or hold yourself back with negativity? Shift toward positive thoughts.